PERSONAL FITNESS

5-Minute Core/Abs Training

Hollow body hold - 30 sec, 10 sec rest
Side Plank- Left side 30 sec, right side 30 sec, 10 sec rest
Superman plank - 30 sec, 10 sec rest
= 2.30 mins

Repeat this 2 times, 2.30 mins x 2= 5 mins total